

OCTOBER 2008

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Extension
Bay County 4-H Youth Programs

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Michigan State University,
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Clover Quickie

The Jodies' Buzz:



As we close out the 2007-2008 program year and begin a new, we have a lot of information to pass along. Read through this newsletter carefully for important dates you won't want to miss! We have included information about each council or association, leader training, and many other events and activities happening in 4-H land.

Important Dates!

Don't forget about these upcoming, important meeting dates. Please be sure to attend so your voice is heard!

Horse Advisory Council: October 2, 2008, 6:30 p.m. Canteen Building

- ♦ Introducing bylaw changes.
- ♦ Voting for new officers and superintendent.

Livestock Association: October 16, 2008, 7:00 p.m. Canteen Building

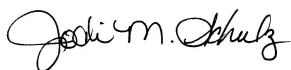
- ♦ Voting on bylaws and superintendents.

Mandatory Leader Training: Leader training sessions for the 2008-2009 program year will only be offered on the following dates:

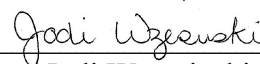
- ♦ **Monday, November 3, 2008, at 6:30 p.m.**
- ♦ **Wednesday, November 5, 2008, at 10:00 a.m.**

All leader training sessions will be held in the large conference room at MSU Extension- Bay County on the third floor of the Bay County Building, 515 Center Avenue, in downtown Bay City. Training is mandatory for all leaders in Bay County each year. The purpose is to inform Bay County leaders of new policies, events, programs, etc. If you are a registered leader in Bay County you **must** attend. We will not, under any circumstances, be traveling to club meetings for leader training. Leader training for teen leaders is encouraged, but not mandatory. You only need to attend one of the two scheduled sessions.

If you are not a registered 4-H leader, you are still invited to attend leader training. There is a plethora of information that is shared during these trainings. Contact MSU Extension - Bay County to make a reservation. Reservations are required by Wednesday, October 29, 2008, by 5:00 p.m. for both sessions. If you do not make a reservation you will not receive a "treat."



Jodi Schulz
4-H Extension Educator



Jodi Wrzesinski
4-H Program Assistant

So many deadlines, so little time!

Don't let these important deadlines slip by:

- ◆ November 7, 2008, Deadline to submit county award forms.
- ◆ December 1, 2008, Deadline to submit re-enrollment paperwork.
- ◆ April 1, 2008, Deadline for new members and leaders to enroll in Bay County 4-H.

Horsemanship for Handicappers

The fall 2008 Horsemanship for Handicappers program has begun! It takes place on Wednesdays from 4:30 p.m. – 7:30 p.m. at Karen Gillespie's Farm, 2595 Two Mile Road, Bay City, MI 48706.

If you are interested in helping with this program, contact Tina Bennett, instructor, at (989) 674-5466.

Thank you to the HFH Volunteer Board for making this program a success each year. Your countless hours of dedication are appreciated by everyone!

Kettunen Center Workshops

4-H Goat Leader Workshop:

This workshop will take place October 24-26, 2008. The registration deadline is Friday, October 10, 2008, and the fee is \$68 per person.

Attendees will learn new information and enhance their knowledge of the 4-H goat

program, develop skills in teaching goat education to youth, exchange ideas for local and state goat programs with other leaders, and learn to develop and maintain local goat programs and activities.

Visual Arts and Crafts

Workshop: This workshop will be held November 1-2, 2008, and is available to adults and teens aged 13 and older as of January 1, 2009. The cost to attend is \$42; and you must register by October 17, 2008.

To register contact MSU Extension - Bay County at (989) 895-4026.

Small Animal Swap Flier

Bay County Livestock Association is sponsoring a Small Animal Swap on Saturday, October 11, 2008, at Auburn Park.

The cost is \$5; no pre-registration required. See attached flyer for more details.

Oops! Awards Announcement Missed!

We would like to give a huge congratulations to the following award winners from fair. They were left out of the September Clover Chatter.

Grand Champion Pony

Amoreena Most

Reserve Champion

Crystalleena Walker

Grand Champion Mare

Amoreena Most

Grand Champion Gelding

Nicole Gallant

Reserve Champion

Crystalleena Walker

Championship Equitation

Brianna Trares

Congratulations to all horse and pony project winners. We would also like to congratulate Crystalleena Walker on her Kiwanis awards for her cow/calf pair and woodworking project.

Congratulations Livestock Officers

Congratulations to the new 2008-2009 Livestock Association Officers:

President: Kristy Brandt

Vice-President: Emily Brandt

Treasurer: Sara Jo Stender

Secretary: Zoe Farver

Fair Board Derby

There is still one derby left for the season. It will be the final bump n' grind on October 18. If you would like more information or to volunteer, contact Abby at baycountyfair@yahoo.com.

National 4-H Week

Celebrate National 4-H Week with your club. National 4-H Week is October 5-11, 2008. This is a great week to get your club together and do a project to celebrate the great things that happen in the 4-H Youth Program.

Bay County 4-H Soup Supper

The Bay County 4-H Advisory Council will be hosting a Soup Supper on Saturday, November 8, 2008, from 4:00 - 8:00 p.m. at the Canteen Building at the Bay County Fairgrounds. More information will be in the next Clover Chatter.

Fall Beef Cattle Sales

It is that time of year when youth begin searching for sources for market beef and/or breeding beef projects for the coming year.

The schedule for beef cattle sales is now posted on the Animal Science Youth Extension Programs Web site at <http://www.canr.msu.edu/anscikids/>. The list may be accessed by either going to "Upcoming Events" or "Livestock Programs" and you can download and print a PDF file.

2008-09 Animal Science Calendar of Events

The 2008-2009 Animal Science Calendar of events has been updated and is available on their Web site at <http://www.canr.msu.edu/anscikids/calendar.html>.

Be sure to refer to this calendar as a guide to upcoming State Animal Science youth events. This Web site is also a valuable resource for entry information as these event dates approach.

State Horse Show Results

Congratulations to the following youth for their accomplishments at the 2008 State 4-H Horse Show:

Samantha Armstrong - First place graphic design class and eighth place English equitation hunt seat.

Lauren Davis - Third place English pleasure saddle seat and fourth place English equitation saddle seat.

Lexi Geyer - First place scrapbook class.

Ben Phillips - First place graphic design class.

Office Closed

The MSU Extension - Bay County office will be closed on **Tuesday, November 11, 2008**, in observance of Veterans Day.

If you are in need of a free rabbit for your 4-H project for the upcoming year contact MSU Extension - Bay County at (989) 895-4026.

Attention Leaders

If you are in need of a copy of the 4-H pledge or a flag set contact MSU Extension - Bay County. Each club should have these items for club meetings.

Clover Country CD's

Don't wait for them to run out! MSU Extension has Clover Country CD's available for only \$10 each. The Clover Country CD's are a culmination of past 4-H members who have made it big in the music world. Artists like Faith Hill, Dolly Parton, Sugarland, and much more. Get yours today before they are gone.

Nutrition News

Tips for making wise dairy choices:

- ◆ Include milk as a beverage at meals. Choose fat-free or low-fat milk.
- ◆ If you usually drink whole

milk, switch gradually to fat-free milk, to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).

- ◆ If you drink cappuccinos or lattes—ask for them with fat-free (skim) milk.
- ◆ Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- ◆ Use fat-free or low-fat milk when making condensed cream soups (such as cream of tomato).
- ◆ Have fat-free or low-fat yogurt as a snack.
- ◆ Make a dip for fruits or vegetables from yogurt.
- ◆ Make fruit-yogurt smoothies in the blender.
- ◆ For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.
- ◆ Top cut-up fruit with flavored yogurt for a quick dessert.
- ◆ Top casseroles, soups, stews, or vegetables with shredded low-fat cheese.
- ◆ Top a baked potato with fat-free or low-fat yogurt.



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